

# HOME CIRCLE COLUMN

A COLUMN DEDICATED TO TIRED MOTHERS AS THEY JOIN THE HOME CIRCLE AT EVENING TIDE.

The World is Too Much With Us.  
The world is too much with us; late and soon,  
Getting and spending, we lay waste  
Our powers;  
Little we see in Nature that is ours;  
We have given our hearts away, a sordid boon.  
The sea that bears her bosom to the moon,  
The winds that will be howling at all hours,  
And are up-gathered now like sleeping flowers,  
For this, for everything, we are out of tune;  
It moves us not—Great God! I'd rather be  
A Pagan suckled in a creed outworn;  
So might I, standing on this pleasant lea,  
Have glimpses that would make me less forlorn;  
Have sight of Porteus rising from the sea,  
Or hear old Triton blow his wreathed horn.

This is the time of the year when every human being—man, woman and child—should get out into the open air and wash cobwebs out of his brain. There is nothing so good as fresh air to strengthen frayed out nerves, and there is nothing so good as exercise to build up worn out tissues. About ninety per cent of the population pays doctors in the spring to give them a tonic to do away with that "tired feeling." If they would only be convinced there is no tonic in the world as good as God's fresh air, and it is absolutely free. The trouble may be that they have the American's way of thinking that unless a thing costs money it isn't any good.

Don't get the foolish notion into your head that to get fresh air you have to have an automobile that will take you whizzing about the country all huddled up, with your eyes straight ahead holding on until the next stop. That doesn't require any deep breathing. Better sit at home in such a case. It's much easier on your nerves and incidentally, your pocket-book. Get a pair of shoes that you can walk in and then go for a good hike every day. Walk until you get so tired that the only thing you can think about is the next step, and how you are going to take it. You'll find that you won't take yourself lying awake until the wee hours if you follow this program for a few days. You won't need any tonic from the doctor, though you may need an increased income to take care of a rapidly growing appetite. And things will taste so good that you won't recognize your old friends, bacon and eggs, bread and butter, and the rest of their kind and kin. They'll taste the way they did when you were a boy. An appetite like that is something the doctor can't give you. You've got to get it yourself.

It is not highly amusing, if not provocative of wrath, to hear a man complain of his home being cheerless when he adds nothing to its happiness? A man is greatly responsible for the ozone of his home. The day to his wife may have been one of the unusual care and hard work, but if the husband comes in cheerful from the field or his work outside, the weariness and care-worn look will disappear from his wife's face. A few sharp words we can always excuse for we always attribute them to the overtaxed nerves, but we can find not plausible excuse for sullenness on the part of the husband.

When any institution fails to earn sufficient cash, the folks to try to keep the thing from going plumb to smash. Then it's always customary—just to keep it still alive—For somebody with a badge or two to institute a drive.

There's two kinds of discontent in this world—the discontent that works and the discontent that wrings its hands. The first gets what it wants, and the second loses what it has. There's no cure for the first but success; and there's no cure at all for the second.—Gordon Graham.

"A man's reach should exceed his grasp, else what's a Heaven for." When he wrote those lines Browning knew the emptiness and dissatisfaction of a life that has achieved its goal too early.

Did you ever see a thoroughly ignorant man who admitted his ignorance? And haven't you seen plenty of wise men who will admit theirs.

A good article, a good advertisement, and plenty of stick-to-it-tiveness are a combination that always has won and always will win.

The basis of business is confidence and the basis of confidence is understanding.

## SACREDWIND

Miss Opal Gambill was calling on her grandparents, Mr. and Mrs. N. O. Gambill Saturday night and Sunday. Miss Amanda Sparks spent Saturday night and Sunday with her cousin, Carrie Sparks.

H. B. Castle was calling here last Sunday. Mr. and Mrs. Arble Gambill and little daughter, Loraine, were calling on their sister Mrs. Mary Boggs last Sunday.

Noah Wells and son attended the show in Louisa recently. Miss Cula May Gambill spent a few days last week with her sister, Mrs. Mary Boggs.

Mrs. Mary Gambill and little daughters were visiting her mother, Mrs. Matilda Holbrook last Sunday. Dewey Helms was calling on friends Sunday.

Mrs. Noah Wells and little daughter were visiting her sister, Mrs. Mary Boggs Sunday. Mr. and Mrs. Charley Boggs and children were calling on their sister, Mrs. Katie Boggs Sunday.

# THAT DULL ACHING

Don't worry and complain about a bad back. Get rid of it. For weak kidneys, lame and aching backs, your neighbors recommend Doan's Kidney Pills. Ask your neighbor! Read this statement:

W. E. Wiley, farmer, Box 56, Whitehouse, Ky., says: "Doan's Kidney Pills are certainly all right for I have treated with them on different occasions and they always relieve me. My back, at times, has ached for quite a spell and there would be a dull kind of ache right across the center of my back. Many a day I had to give up my work on the farm and go and lie down. I was so sore and lame I would have to go about with a cane. I also had blinding dizzy spells and things appeared dark in front of me. My kidneys were irregular in action, the secretions would pass too frequently, then again would be scanty and painful. I tried most everything I heard of for relief, but Doan's Kidney Pills were the only remedy I ever found to reach my case. After using two boxes, I was cured and put in good shape for work. I couldn't recommend a better remedy for kidney trouble than Doan's Kidney Pills."

60c. at all dealers. Foster-Milburn Co., Mfrs., Buffalo, N. Y.

## MT. PLEASANT

The pie social at this place Saturday night was a success. There will be church here Saturday night and Sunday after Sunday school by Bro. Cyrus.

Misses Osie and June Diamond spent Saturday night with Mrs. Wilbur Roberts.

Mrs. Milt Diamond and children spent a few days with Mrs. John Hanner of Potter. Mr. and Mrs. George Simpson had as their guests Sunday, Mrs. Luke Watkins, Mrs. John Hanner, Mrs. Milt Diamond and Glee Simpson, Misses May Diamond and Norman Watkins, Messrs. Everett Watkins and Paul Dean Ransom.

Mr. and Mrs. Wilbur Roberts were calling on Lena Diamond Sunday evening.

Alva Large spent Saturday night with Milt Diamond.

Mrs. A. L. Moore went to Ashland Sunday to see her grandson who is in the hospital there.

Messrs. Earl Tackett, Sheila Praxler and Jack and Goldan Diamond attended the pie social at this place Saturday night.

Louise Johns spent Sunday evening with Misses Alva and Mary Simpson. The Misses Alley of Louisa were calling on Misses Cosby, Bennie and Grace Alley Sunday evening.

Let us hear from Smoky Valley and Madge again.

## HAPPY BLUE EYES.

## DONITHON

Mr. and Mrs. Jesse Maynard visited their daughter at Blocton Friday to Sunday.

Mrs. Nannie Helmsley and Miss Mary have returned to Horse Creek.

Little Brooke Chapman who has been very ill for a few weeks is improving.

Mr. and Mrs. John Moore were Saturday night guests of relatives at the Falls.

Married, April 30th, at Louisa, Mrs. Nettie Maynard and Millard Wallace. The Holiness church have organized Sunday School at this place and will hold services each Sunday morning.

Ben Maynard, John Conley and Trimble Chapman are business callers in Wayne this week.

Mrs. Mary Chapman returned recently from an extended trip with her daughter in West Virginia.

Misses Thelma Maynard and Myrtle Barrman of Fort Gay were calling on Mr. and Mrs. Ben Maynard Sunday.

Mrs. John Conley and daughters and Mrs. Trimble Chapman were Sunday guests of Mrs. Ben Maynard.

Mrs. Charley Derfield of Ohio is calling on home folks.

Willie Craig, Jay and Ora Wilson and Jack Canada were on our creek Sunday.

Church at the Baptist church Sunday morning.

We seem to still have plenty of moonshine on our creek night and day.

## THE FIDDLER.

## WEAK, NERVOUS, ALL RUN-DOWN

Missouri Lady Suffered Until She Tried Cardui.—Says "Result Was Surprising."—Got Along Fine, Became Normal and Healthy.

Springfield, Mo.—"My back was so weak I could hardly stand up, and I would have bearing-down pains and was not well at any time," says Mrs. D. V. Williams, wife of a well-known farmer on Route 6, this place. "I kept getting headaches and having to go to bed," continues Mrs. Williams describing the troubles from which she obtained relief through the use of Cardui. "My husband, having heard of Cardui, proposed getting it for me. 'I saw after taking some Cardui... that I was improving. The result was surprising. I felt like a different person. 'Later I suffered from weakness and weak back, and felt all run-down. I did not rest well at night, I was so nervous and cross. My husband said he would get me some Cardui, which he did. It strengthened me... My doctor said I got along fine. I was in good healthy condition. I cannot say too much for it.'"

Thousands of women have suffered as Mrs. Williams describes, until they found relief from the use of Cardui. Since it has helped so many, you should not hesitate to try Cardui if troubled with womanly ailments. For sale everywhere.

# Dr. F. F. Shannon Lectures in Memphis, Tennessee

(The following article in regard to Louisa's most famous citizen is taken from the Memphis Commercial Appeal of April 20th):

Dr. Frederick F. Shannon, native of Tennessee, regarded by many as one of America's foremost pulpits orators and who for the past year has filled the vacancy left by the death of Dr. Frank W. Cunningham of Central Church (without denomination), Chicago, delivered his first of a series of two lectures at the Goodwyn Institute last night on the subject, "The Soul of America."

As pastor of the Reformed Church in Brooklyn, N. Y., for several years, Dr. Shannon is fully equipped to outline definite views on the religion and national tendencies of Americans. In Brooklyn he took advantage of the opportunity to study the possibility of making true Americans out of immigrants from the continent of Europe and the British Isles. He reports that it took the great war to awaken patriotic citizens of this land to the realization that there were indeed many people here for no more sufficient reason than to garner wealth and return to their native lands, if not in person, at least in allegiance and in thought.

"If ever America needed to take stock of the different peoples enjoying its freedom, it is right now," said the speaker. "America is one of the youngest in the world's family of nations and has had but one real stock-taking period in its history, and that period was during the war which has just ended."

"As Americans we believe in loyalty to America. In 1914 we found that our country was divided, and I can give no better illustration than that offered, unconsciously, by a member of the Reformed Church in Brooklyn. This gentleman, at the outbreak of the war, called Americans liars, money changers and all manner of unsavory names. He came to this country in his early manhood and rose from an humble position to be the head of a large business concern. He took advantage of the educational facilities afforded by the City of New York and practically owed everything he had to America, but his heart was in his native land. To such a man I would gladly contribute to his passage back home, and I am sure all right-thinking Americans would do likewise. Because we want real Americans, 100 per cent patriots."

## America Always First.

"Divided loyalty means a divided citizenship; a divided citizenship means a divided government, and a divided government means a chaotic nation. By the word 'loyalty' we do not mean that Americans are the only people on earth. Because we love America is no reason for hating every other nation on earth. Parochial nationalism is bad; it is decidedly narrow and foolish. But, on the other hand, it is no more dangerous than the haughty-scam brand of internationalism recommended by extremists."

"No man today is so broad and vast of mentality that he can say that all nations look alike to him. He cannot say that he loves all the nations of the earth as well as he does his own native land. It is not human. In fact, it is no more human than for a man to say that he loves all women as well as he does his wife or reverses all mothers as he does his own mother. 'I do not believe that there is anything finer in the world than motherhood. It is next to Godliness in all women, who aspire to it, but my own mother in the mountains of Kentucky is a great deal more dear; her face is far sweeter and lovelier than any other mother on earth to me. Let us be human, above all things, for Jesus Christ said that a human soul was worth more than all the world.'"

"Dollars are of no use unless a human need is reached with them. And to be truly human, we must become Christianized. Man is afraid of the devil within him, unless he accepts Christ and tries to follow His teachings."

"About every 200 years throughout the history of the world some colossal fool sets himself up as having been divinely appointed to organize a super-government to rule the world. Thank God this dream has never been and never will be realized for this reason:

"Alfred Russell Wallace, an inspired writer, spoke this truth, 'Infinite variety is the law of the universe.' Each great and small nation has contributed something to the good of the world. The Greeks contributed rare beauty of form. The Romans were great architects, builders, lawyers and artists. Germany before her fall offered great scientific discoveries and her people were amazingly efficient. The French are second only to the Greeks in their appreciation of the delicate touch of beauty. America's passion is for freedom, justice and beauty. It is the infinite variety that rejuvenates and sustains."

"Americans believe that every nation has the right to live its own life, so long as by so doing that nation does not infringe upon the rights of others. If America, France and England forget the small nations, to just that extent will God forget them. Belgium was a little nation, but she said 'No!' to Germany, and by so doing saved the world. Belgium was trampled under foot, but she never lost her soul. If a nation loses its soul, it is only counting time until it will be interred in a national graveyard. America simply cannot forget the rights of the small nations."

## Government Belongs to People.

"America believes that the government belongs to the people and not the people to the government, and we must keep this idea in mind, when we train our children, for it has been truly said that a nation may be entirely revolutionized in one generation. Germans lauded war and militarism. They taught their children as much for 40 years, and this poisonous doctrine sapped the morale of the nation. 'Government must necessarily exist for the people and it must take orders from the people. There is no military in the history of the world that was not beaten at his own game in the end. Might is not right, and it never will be. It is the eternal law of God that right is right.'"

"Business men are realizing that it pays to be honest. Only recently I

was going east with a friend of mine, who is the president of a big steel corporation. He said that he was preaching that principle to his employees and to his business associates. True, it may not have originated from a high source of spirituality, but nevertheless the principle is being realized more and more daily."

"We must, above all things, Americanize our own people, because a lot of them need it badly. Today offers the greatest chance for the proper education of children that has occurred in many years. As George Bernard Shaw says, 'It must be either Utopia or Hell,' and for my part I want it to be the former. We must strengthen our capacity for humanization, for to be truly human is indeed a great thing in itself."

"Let us be truly democratic and brotherly. There is so much good to be done, by just being human. Let us remove the masks of bogus aristocracy and be tolerant and considerate and natural."

"The trouble with America today is that we care more for stocks and bonds than we do for human beings. Our industrial machinery grinds out thousands of lives daily, and for what purpose? We think more of high buildings, great factories and the conveniences of a whirlwind existence than we do of human life."

"The reason why Alfred the Great was truly great, is because he believed that Christ's 'Sermon on the Mount' was the greatest sermon ever preached, and he tried to follow the teachings therein and base his government upon the principles set forth. Without Christ, we will never succeed."

Dr. Shannon will speak tonight on "The House of a Human."

# CONFERENCE OF MOUNTAIN TEACHERS

The ninth annual Conference of Mountain Teachers at Knoxville, April 1, 2 and 3, has an unusually large attendance. One of the brief addresses which gives the spirit of the whole conference was given by President Frost on "The Aims of Our Mountain Work," and may be summarized as follows:

I almost wish that you had never heard of the mountains so that I could describe them to you for the first time. To many of us the mountains have come to be an old story, and we are not moved as we should be by their beauty and interest, and by their importance in God's plan for America."

First of all, our southern mountain region is extensive. The Bureau of Education marks off two hundred and thirteen counties in the Virginia, the Carolinas, Georgia, Alabama, Tennessee and Kentucky as constituting the Mountain region. And some of us think that half a dozen other counties, at least, might properly be added. This, then, is a region larger than the whole German Empire."

And, in the second place, the conditions of life in this mountain region are super-rural. Educators and statesmen have just discovered that America consists of something besides New York, Chicago and the smaller cities. To feel and warm the cities we must have the country districts. And many of us think that the best and most truly American people are those from rural homes. Now, all the conditions of country life are intensified in the mountains. A mountain family is farther from its neighbors, has more difficulty in getting to market or to church, and, in general, is more shut in, and at the same time, more self-sufficient and more independent."

And, in the third place, our mountains are inhabited by the most un-mixed American population to be found anywhere in our land. The majority of the mountain folks are descendants of Revolutionary soldiers. In many counties there is not a single negro or a single foreigner. Coming as they do from English and Scotch stock, they are "red hot" Protestants. The Great War certainly showed their patriotism. And they have one other notable characteristic—they are prolific. The American families in eastern cities have few children and are dying out, but a mountain household always numbers a good "baker's dozen."

Now we mountain teachers are here because we have profound faith in the future of the mountain people. But we recognize their special handicaps and difficulties. The first of these is not what is called poverty, but lack of money and material resources. The first settlers had plenty of good valley land for their own use, and in addition good hunting. But as the mountains filled up, the good land has been exhausted and people have been forced to plow impossible hillsides. The mountains had no navigable streams or inland lakes to serve as a means of communication. Of course they could have no Erie Canal, and until recently no railroads. Their mineral wealth from market. Their mineral wealth has but recently been opened up, so that while in New York State there is three thousand dollars of taxable property for every child of school age, there is in our southern mountains less than three hundred dollars worth of taxable property. It is necessary, therefore, for the government and the states and the great religious bodies to send educational aid into the mountain region. There are some 200 schools in the mountains sustained by religious bodies and other outside aid, and there ought to be 2,000."

Their second handicap is the lack of primary education. A surprising proportion of the picked young men who went from the mountains to serve their country in France were unable to read and write. And there is a still larger proportion among the older people who lack this fundamental advantage. If a large proportion of the people are without libraries, newspapers, and other means of getting at the thought and progress of the times, they are at a great disadvantage."

And a third handicap is a certain deficiency in the enforcement of law. The lawlessness of the mountains has been exaggerated, but it is true that in these super-rural regions the government does not always afford protection, and we have more than our share of feuds and "killings."

But more significant than the "killings" is the lack of enforcement of the laws for highways, and for school at-

"THERE'S A REASON"

# Quality Service

DRY CLEANING  
DYEING  
ALTERING

## Farmer's

814 SIXTH AVENUE  
HUNTINGTON, W. VA.

PARCEL POST  
WE PAY RETURN CHARGES

MOST MODERN AND SANITARY  
DRY CLEANING PLANT IN STATE

tendance. Most of the people are far from school, many schools are poor and of short duration, and on an average mountain children attend school only about fifty days in the year!

Now this backward condition of so many millions of native born Americans constitutes an emergency as real as that of war or pestilence. When I ask for aid for the mountain people, I am speaking for those who are voiceless—they cannot speak for themselves. And I appeal for them not only because they are in need, but because America is in need of them."

With all their handicaps, the people of the mountains have no cause to hang their heads. If not many of them are rich, on the other hand very few of them can be called degraded. A woman is safer on a lonely mountain road than she is in the suburbs of New York or Cleveland. Family affection, patriotism, and neighborliness are nowhere more finely developed. Every home has its Bible and hymn book. And the much abused mountain preacher can show among his people as much love and prayer and sacrifice as the cultured clergy of the big towns."

What, then, shall be our aims in undertaking to bring neighborly assistance and to speed up progress in this mountain region? We will venture to mention four supreme aims for every mountain teacher:

First, let us by all means preserve the virtue, the independence and the patriotism that are already flourishing in these mountains. Too many northern teachers have made the mistake of failing to recognize or understand the great superiorities of the mountain people in these respects. We have splendid foundations on which to build."

Secondly, it should be our aim to raise up leaders, great and small, among the mountain people themselves. We can never bring in enough preachers and teachers from the north or from the Blue Grass to do the work that needs to be done; and if we could, they would not be the best ones to do it. There must be two or three enlightened and consecrated spirits in every smallest valley to organize the Sunday-school and the corn club; to see to it that the schoolhouse is repaired and to set the pace for the good people whose own progress and full development depend upon a leader. And there must be some great leaders, leaders for each mountain state and for the region as a whole, who know what only a mountain-born man can know, and feel what only a mountain-born man can feel."

In the third place our aim must be to make the mountains a better place to be born in. Too much of American education seeks merely to benefit the individual. The business college sends out its flaming advertisement, "Come to us and we will fit you to go to town and earn big money." And the Christian college is scarcely less mercenary in its appeal. It says, "Come to us and we will give you social distinction, a great deal of fun, and enable you to leave the mountains and cut a figure in the great world." Now, the true aim of the mountain teacher is to benefit the whole community. We are to awaken mountain patriotism, and train our students to work not for themselves but for their home communities. We know what the best mountain counties in Scotland are. A little education of the right kind can make the homes of our mountains just as good. We can bring to to pass that every child born by the humblest mountain fireside shall have a chance and a share in all the blessings of American civilization."

Now for a fourth aim I wish to propose something definite—the setting of two goals, one immediate and the other not too remote. The schools of the mountains do not at all measure up to their task. We are hardly keeping pace with the natural increase of population. We have not even plans to reach the entire population of the mountains and to do them the good they need. Now we cannot afford to move so slowly. Let us resolve here and now that we will double the attendance at every mountain school next year, and that within twenty years, we will abolish all the excess of poverty, illiteracy and lawlessness in these mountains and bring their people up to the full average of American opportunity."

## HANNAH

Everybody at this place is getting ready to plant corn.

Tobe Edwards and Bob Taylor passed through our town this week.

All the girls and boys are planning to go to Knob Branch meeting Sunday. James Griffith and wife passed here enroute to Blaine.

Norman Holbrook was calling at Hannah Saturday evening. Church at this place Sunday. Everybody come.

Miss Nova Boggs and Matilda Boggs are planning a trip to Bridge Port, Ill. to visit their aunt, Mrs. Belle Ford.

Norman Blaine and Nova Boggs, Norman Holbrook and Matilda Boggs, were out horseback riding Sunday afternoon.

## ELLEN

I. W. Burton, wife and granddaughters, Ruth, Pearl and Lillie Moore, were the Sunday dinner guests of G. T. Berry and family. Jack Curritute and wife attended the baptizing at Spencers Sunday.

S. W. Burton and wife attended Sunday School at Walnut Gap Sunday. Mr. and Mrs. Luther Adams visited the latter's parents Sunday.

D. B. Thompson, wife and daughters May and Dixie spent Sunday with Mrs. Henry Carter.

Miss Julia Moore who has been quite sick for the past few days is able to be out again.

Morton Adams and Gypsie and Moxie Thompson were calling on their cousin, Esta Thompson, Sunday.

Selle Salyer who has been attending the K. N. C. attended Sunday School at Springdale Sunday and was the guest of Miss Letta Jordan.

Frank Thompson made a business trip to Little Blaine last week. Joe Alley purchased a fine horse from J. S. Carter last week.

Esta Thompson is contemplating a visit to Louisa relatives soon. Clyde Curritute was calling on Robert and Lela Carter Sunday.

Oral Sturgill attended church at Walnut Gap Sunday.

Junior Barnett who has employment at Blaine passed through here Saturday enroute to his home at Irad.

Milton Thompson and wife were the guests of L. C. Carter Sunday. Elbert Back who has held a position with the Cumberland Pipe Line Co. for some time at Blaine, has returned home.

Remember Sunday School at this place every Sunday 9:30 a. m.

Farmers have been delayed with their farming by wet weather. Work on the pipe line has furnished employment for some.

## DARDANELLA.

# Farmers Needs Supplied

Tools and Implements for farmers always in stock. It is economy to buy all the tools you need in the spring to do your work with ease and dispatch. Let us serve you.

## L. F. Wellman

Successor to Louisa Furniture & Hardware Co.